



Preschoolers performing in the holiday chorus included Fabiola Zavala, Diana Calderon, Gabrielle Mendez, Alfonso Parra, Juan Ruiz, Joan Hernandez and Merely Castaneda.

Tri-city Family Education students share holiday with Belle Glade seniors

On Dec. 21 preschoolers and their moms, all students of the Glades Tri-City Family Education program, presented a colorful holiday program to the special folks who regularly attend the Belle Glade Senior Center. The seniors and staff were entertained with lively Mexican dances and rousing holiday songs and were all presented with fruit baskets prepared by the families. The fruit was donated by several Palm Beach County groves and produce growers and was packaged by the Tri-City students.

One appreciative 91-year-old lady remarked, "This was wonderful. I want to be alive next year this time so I can see you



Students Laura Calderon, Gloria Hernandez and Ana Zavala performed Mexican dances.

All when you come again! Others put in their requests for encores at Valentine's Day and



Pictured in their caps and gowns are PBC Literacy Coalition graduates Maria Elena Mendez and Minerva Senorize. Joining them in celebrating their success are, front row student Maria Sanchez, Glades Tri-City Family Education Center coordinator Anita Koch; back row students Laura Calderon, Eduarda Alonso, PBC Literacy Coalition Executive Director Darlene Kogitrib, Maria V. Sanchez and Ery St. Louis Job Coordinator.

PBC Literacy Coalition celebrates students

Students and staff of the Palm Beach County Literacy Coalition's Family Education Program in Belle Glade gathered at the Lake Worth High School for the Adult Learner Certificate of Achievement Graduation. Two of the program's students, Sister Maria Elena Mendez and Minerva Senorize received diplomas marking their advancement

forward the goal of attaining their GED, which they hope to earn in the next several months. In addition to their academic pursuits, both women are employed full-time—Sister Maria Elena at the St. Mary's Catholic Church in Pahokee where she is actively involved in community service activities and Minerva at Pratt-Whitney. Sister Maria Elena

came to this country from Mexico, and has worked hard to learn the English language. Minerva came to the U.S. from Jamaica to further her education with the goal of becoming a successful business woman.

Both ladies were commended for their dedication to education and to making a difference in the lives of others.



Volunteers from Lenscrafters from around south Florida came to the Glades last week to provide vision screenings and glasses for more than 300 local children in the company's customized van, complete with exam room, fitting room and lens-grinding lab. The volunteers checked 100 children a day from elementary schools around the Tri-City area. Pictured are Dr. Jeff Morris, local volunteer liaison Kay Zaccanino, Jo Ann Steinhauer, Daniel Reyes, Amy Kresley, Larry Sider, Aimee Bray, Felicia Mathis, and Gina Silar.

First group of 'Do the Right Thing' nominees expected to be selected in February

By Tracy Whirls

The first group of nominees to be recognized in the pilot "Do the Right Thing" program, sponsored by the Palm Beach County Sheriff's Office in conjunction with Pioneer Park, Rosenwald, Belle Glade Elementary and Canal Point Elementary Schools, is expected to be selected next month.

According to PBCSO Deputy Michael Bair, the idea for the "Do the Right Thing" program was born in 1990 during a Miami Police award ceremony at which a teenager was recognized for turning in a loaded gun found at his school, despite pressure from his peers not to do so.

Community volunteers who witnessed the impact the positive recognition had on this teenager, decided to join forces with the Miami Police Department and development of an ongoing recognition program for students.

The Palm Beach County Chapter of "Do the Right Thing" is a nonprofit corporation dedicated to recognizing, and rewarding youth excelling in a worthwhile endeavor.

"This program is for all kids, not just those that are at risk," Deputy Bair said. "It promotes good behavior and encourages children to be good peers for the rest of kids. A troubled child, if you congratulate him, it may change his life for the better."

The program, Deputy Bair said, ensures that youth are not only rewarded for "doing the right thing," but are publically recognized as role models for their peers.

Deputy Bair said response at local schools, where he met with teachers earlier this month has been positive.

The program is designed to be operated by teachers and school faculty as a means of promoting good or sometimes better behavior from the children and to reinforce concepts such as fair play, cooperation, kindness,

politeness and manners by providing a reward system for those children who have shown themselves by their behavior, deeds and/or accomplishments to be worthy of recognition.

"The qualifications to be nominated will vary from child to child as no two kids are alike or act the same," Deputy Bair said.

Children might be recognized for good behavior, such as always following the rules, never getting into trouble, doing his or her work and trying to keep up good grades.

Alternatively, a child might be recognized for good "deeds" such as stopping a fight, turning in found money or property, helping out without being asked, or donating their time to help others.

Finally, a child might be recognized for his or her accomplishments, such as changing their behavior for the better, working toward a goal of bringing up his grades or completing a project worthy of congratulations.

Deputy Bair explained that each school has appointed a liaison who will pick up the teachers' nominations forms each month and submit them to the board of directors who will select the 25 top students from each school for recognition each month. Of those, five students from each school will be recognized as "Do the Right Thing" winners, with one student being selected as the Glades area overall winner each month.

Students recognized by the program will receive t-shirts, certificates, an incentive package including school supplies, food coupons from local businesses and other awards.

Volunteer board members are still being sought and donations are needed from area businesses and individuals to provide the prizes to be awarded to the children. For more information on the program, contact Deputy Bair at 996-1670.

The Shepherd's School Honor Roll List announced

K-5
All As and Bs
Gabriella Gold
Michelle Henson

1st
All As
Adam Dixon
Marco de los Santos

All As and Bs
Kenneth Ball
Wil Christmas
Betty Gonzalez
Sarah Herring
Santonia Montgomery
LaShatay Symons

2nd
All As
Ricky Christmas
Katelyn Maynor
Devin Williamson

All As and Bs

Corey Hill
Christopher Padgett
Raion Jones

3rd

None

4th

All As and Bs
Heather Butler

5th

None

6th

All As and Bs
Jonathan Dixon

7th

None

8th

All As
Joanna McClellan

Belle Glade Elementary to host Florida Writes Workshop for parents Saturday

Parents are cordially invited to attend a Florida Writes workshop Saturday, Jan. 22 from 9:30 a.m. - 1 p.m. at Belle Glade Elementary School.

The workshop will be held in the media center.

Students from each fourth grade class will teach or demonstrate a component of the Florida Writes process. The components that will be modeled are:

- 1) The two types of writing done on the Florida Writes test.
- 2) Reading and interpreting prompts.
- 3) Brainstorming and planning.
- 4) Showing and not telling.
- 5) Scoring.

Door prizes will be given away and refreshments served.

Ms. Hankerson will conclude the workshop with a general overview and allow parents to work cooperatively to respond and secure their response to a writing topic. Parents will also be given handouts that will assist them in helping their children with writing.

We are looking forward to seeing you there. Spanish and Creole interpreters will be available to translate as needed. All participants will receive a certificate of participation.

For more information, please contact Johnnie Hankerson at Belle Glade Elementary at 993-4490.

TANGLEWOOD



Active Affordable RETIREMENT

✓ MODEL HOME SALE

COMFORTABLE 2 BEDROOM

First kitchen design, screen room, ample storage, patio, in-lake kitchen appliances, carpet, drapery, A/C, and sliding glass doors in ready.

WAS \$45,565

\$41,359 #249

ROOMY 2 BEDROOM

WAS \$55,897

\$46,980 #196

SPACIOUS 2 BEDROOM

WAS \$62,889

\$54,755 #207

COMFORTABLE 3 BEDROOM

Screen room overlooks neighborhood park, new morning room, sliding glass doors, golf cart garage, lots of storage for the money.

WAS \$65,549

\$59,498 #219

ROOMY 3 BEDROOM

Two bedrooms, in-lake pool, golf cart garage, lots of storage for the money.

WAS \$73,906

\$67,084 #250

SPACIOUS 3 BEDROOM

Two bedrooms, in-lake pool, golf cart garage, lots of storage for the money.

WAS \$101,468

\$88,100 #244

✓ COMMUNITY

Enjoy the home, community and active retirement lifestyle you've dreamed about at a price you can afford! A great community for seniors age 55+, offers both great quality and quality of life. Beautiful wooded setting close to shopping, restaurants and medical facilities.

✓ LOCATION

Sebring is the "best little city in the state," surrounded by lakes, golf courses and citrus country. Its handy Central Florida location is close to all the attractions, yet away from the congestion and high cost of prices. Great shopping, good restaurants, good medical, great golf and great fishing are just a part of its appeal.

✓ ACTIVE LIFESTYLE

13 Acre Recreation Complex
• Huge 28,000 sq. ft. Clubhouse
• Grand Ballroom & Concert Stage
• Art & Crafts Room
• Card Room & Library
• Commercially Equipped Kitchen
• Billiards
• Lined Tennis & Shuffleboard Courts
• Lap Pool & Swim Pool
• Whirlpool
• Horseshoes
• Picnic
• Picnic Grounds
• Outdoor Dance Pavilion & Bandstand
• Activities Director
• 14 Arts Golf Courses
• 36 Holes Right Next Door
• 8 Nearby Fishing Lakes

7.34 bank financing
TRADE YOUR RV OR MOTOR HOME

TANGLEWOOD
U.S. 27 North
Sebring
(1/2 Mile North of Super Wal-Mart)
1-800-386-4545
open Daily
visit our website at:
www.tanglewood.com

Directions:
from I-80 & Ft. Lauderdale
north on turnpike to 70,
west on 70 to US 27,
north on 27
from Ft. Myers
east on 80 to 27,
north on 27 to US 27,
north on 27



Preschoolers performing in the holiday chorus included Fabiola Zavala, Diana Calderon, Gabrielle Mendez, Alfonso Parra, Juan Ruiz, Joan Hernandez and Merely Castaneda.

Tri-city Family Education students share holiday with Belle Glade seniors

On Dec. 21 preschoolers and their moms, all students of the Glades Tri-City Family Education program, presented a colorful holiday program to the special folks who regularly attend the Belle Glade Senior Center. The seniors and staff were entertained with lively Mexican dances and rousing holiday songs and were all presented with fruit baskets prepared by the families. The fruit was donated by several Palm Beach County groves and produce growers and was packaged by the Tri-City students.

One appreciative 91-year-old lady remarked, "This was wonderful. I want to be alive next year this time so I can see you



Students Laura Calderon, Gloria Hernandez and Ana Zavala performed Mexican dances.

Others put in their requests for encores at Valentine's Day and Easter celebrations, which the families look forward to providing.



Pictured in their caps and gowns are PBC Literacy Coalition graduates, Maria Elena Mendez and Minerva Senorine. Joining them in celebrating their success are, front row student Maria Sanchez, Glades Tri-City Family Education Center coordinator Anita Koch; back row students Laura Calderone, Eduarda Alonso, PBC Literacy Coalition Executive Director Darlene Koetrib, Maria V. Sanchez and Ery St. Louis Job Coordinator.

PBC Literacy Coalition celebrates students

Students and staff of the Palm Beach County Literacy Coalition's Family Education Program in Belle Glade gathered at the Lake Worth High School for the Adult Learner Certificate of Achievement Graduation. Two of the programs' students, Sister Maria Elena Mendez and Minerva Senorine received diplomas marking their advancement

forward the goal of attaining their GED, which they hope to earn in the next several months. In addition to their academic pursuits, both women have employed full-time. Sister Maria Elena at the St. Mary's Catholic Church in Pahokee where she is actively involved in community service activities and Minerva at Pratt-Whitney. Sister Maria Elena

came to this country from Mexico, and has worked hard to learn the English language. Minerva came to the U.S. from Jamaica to further her education with the goal of becoming a successful business woman.

Both ladies were commended for their dedication to education and to making a difference in the lives of others.

First group of 'Do the Right Thing' nominees expected to be selected in February

By Tracy Whirls

The first group of nominees to be recognized in the pilot "Do the Right Thing" program, sponsored by the Palm Beach County Sheriff's Office in conjunction with Pioneer Park, Rosenwald, Belle Glade Elementary and Canal Point Elementary Schools, is expected to be selected next month.

According to PBCSO Deputy Michael Bair, the idea for the "Do the Right Thing" program was born in 1990 during a Miami Police award ceremony at which a teenager was recognized for turning in a loaded gun found at his school, despite pressure from his peers not to do so.

Community volunteers who witnessed the impact the positive recognition had on this teenager, decided to join forces with the Miami Police Department and development an on-going recognition program for students.

The Palm Beach County Chapter of "Do the Right Thing" is a nonprofit corporation dedicated to recognizing and rewarding youth excelling in a worthwhile endeavor.

"This program is for all kids, not just those that are at risk," Deputy Bair said. "It promotes good behavior and encourages children to be good peers for the rest of kids. A troubled child, if you congratulate him, it may change his life for the better."

The program, Deputy Bair said, ensures that youth are not only rewarded for "doing the right thing," but are publically recognized as role models for their peers.

Deputy Bair said, response at local schools, where he met with teachers earlier this month has been positive.

The program is designed to be operated by teachers and school faculty as a means of promoting good or sometimes better behavior from the children and to reinforce concepts such as fair play, cooperation, kindness,

politeness and manners by providing a reward system for those children who have shown themselves by their behavior, deeds and/or accomplishments to be worthy of recognition.

"The qualifications to be nominated will vary from child to child as no two kids are alike or, act the same," Deputy Bair said.

Children might be recognized for good behavior, such as always following the rules, never getting into trouble, doing his or her work and trying to keep up good grades.

Alternatively, a child might be recognized for good deeds, such as stopping a fight, turning in found money or property, helping "out" without being asked, or donating their time to help others.

Finally, a child might be recognized for his or her accomplishments, such as changing their behavior for the better, working toward a goal of bringing up his grades or completing a project worthy of congratulations.

Deputy Bair explained that each school has appointed a liaison who will pick up the teachers' nominations forms each month and submit them to the board of directors who will select the 25 top students from each school for recognition each month. Of those, five students from each school will be recognized as "Do the Right Thing" winners, with one student being selected as the Glades area overall winner each month.

Students recognized by the program will receive t-shirts, certificates, an incentive package including school supplies, food coupons from local businesses and other awards.

Volunteer board members are still being sought and donations are needed from area businesses and individuals to provide the prizes to be awarded to the children. For more information on the program, contact Deputy Bair at 996-1670.

The Shepherd's School

Honor Roll List announced

K-5	Cory Hill
All A's and B's	Christopher Padgett
Gabriella Gold	Raion Jones
Michelle Henson	
1st	3rd
All A's	None
Adam Dixon	
Marco de los Santos	
All A's and B's	4th
Kenneth Bain	All A's and B's
Wil Christmas	Heather Butler
Betty Gonzalez	
Sarah Herring	5th
Santonia Montgomery	None
LaShay Symons	
6th	
All A's and B's	
Jonathan Dixon	
7th	
None	
8th	
All A's	
Joanna McOlellan	
All A's and B's	

Belle Glade Elementary to host Florida Writes Workshop for parents Saturday

Parents are cordially invited to attend a Florida Writes workshop Saturday, Jan. 22 from 9:30 a.m. - 1 p.m. at Belle Glade Elementary School.

The workshop will be held in the media center. Students from each fourth grade class will teach or demonstrate a component of the Florida Writes process. The components that will be modeled are:

- 1) The two types of writing done on the Florida Writes test.
- 2) Reading and interpreting prompts.
- 3) Brainstorming and planning.
- 4) Showing and not telling.
- 5) Scoring.

Door prizes will be given away and refreshments served.

Ms. Hankerson will conclude the workshop with a general overview and allow parents to work cooperatively to respond and score their response to a writing topic. Parents will also be given handouts that will assist them in helping their children with writing.

We are looking forward to seeing you there. Spanish and Creole interpreters will be available to translate as needed. All participants will receive a certificate of participation.

For more information, please contact Johnnie Hankerson at Belle Glade Elementary at 993-4490.

TANGLEWOOD



Active Affordable RETIREMENT

✓ MODEL HOME SALE

COMFORTABLE 2 BEDROOM

from kitchen design, screen room, ample storage, patio, includes kitchen appliances, carpet, drapery, A/C, and a laundry room (washer/dryer).

WAS \$45,565
\$41,359 #249

ROOMY 2 BEDROOM

WAS \$55,897
\$46,980 #196

SPACIOUS 2 BEDROOM

WAS \$62,859
\$54,755 #207

COMFORTABLE 3 BEDROOM

Screen room overlooks neighborhood park, rear swimming pool, double carport, golf cart garage, lots of house for the money.

WAS \$65,549
\$59,498 #219

ROOMY 3 BEDROOM

WAS \$73,906
\$67,084 #259

SPACIOUS 3 BEDROOM

WAS \$101,468
\$88,100 #244

✓ COMMUNITY

Enjoy the home, community and active retirement lifestyle you've dreamed about at a price you can afford! A gated community for seniors age 55+, offers both great quality and quality of life. Beautiful wooded setting close to shopping, restaurants and medical facilities.

✓ LOCATION

Sebring is the "best little city in the state," surrounded by lakes, golf courses and citrus country. Its handy Central Florida location is close to all the attractions, yet away from the congestion and high cost of living. Good shopping, good restaurants, good medical, great golf and great fishing are just a part of its appeal.

✓ ACTIVE LIFESTYLE

15 Acre Recreation Complex • Huge 28,000 sq. ft. Clubhouse • Grand Ballroom & Concert Stage • Arts & Crafts Room • Card Room & Library • Commercially Equipped Kitchen • Billiards • Lighted Tennis & Shuffleboard Courts • Lap Pool & Swim Pool • Whirlpool • Horseshoes • Pickleball • Outdoor Dance Pavilion & Bandstand • Activities Director • 14 Acre Golf Course • 36 Holes Night Next Door • 8 Nearby Fishing Lakes

7.34 bank financing
Trade your RV or Motor Home

TANGLEWOOD

U.S. 27 North
Sebring
(1/2 Mile North of Super Wal-Mart)

1-800-386-4545
open daily

visit our website at:
www.tanglewood.com

directions:
From SOG & Fort Lauderdale
north on Turnpike to 70,
west on 70 to US 27,
north on 27

From Ft. Myers
east on 80 to 29
north on 29 to US 27,
north on 27



Volunteers from lenscrafters from around south Florida came to the Glades last week to provide vision screenings and glasses for more than 300 local children in the company's customized van, complete with exam room, fitting room and lens-grinding lab. The volunteers checked 100 children a day from elementary schools around the Tri-City area. Pictured are Dr. Jeff Morris, local volunteer liaison Kay Zaccanino, Jo Ann Steinhauer, Daniel Reyes, Amy Kresley, Larry Sider, Aimee Bray, Felicia Mathis, and Gina Sklar.

Fad diets can cause you to lose more than the excess weight



Katrina Elkin
Contributing Editor

these diets are nothing new, just the same old fad diets repackaged with new names.

The problem is some of them are dangerous to your health. It's hard for some people to

understand that just because you lose weight, it doesn't mean that you're automatically healthier.

Fad diets become popular because some people have success with them. Nearly any diet can cause an average person to lose five pounds the first week. Most of it is water weight.

The down side is that this is not permanent weight loss and as soon as you go off the diet, the weight will come right back.

Fad diets that require you to eat only one type of food may cause you to lose the wrong kind of weight. That is, you can

lose muscle -- and even bone mass -- instead of fat. The scale may say you weigh less, but you might be in worse shape physically than when you started the "diet."

Diet pills can also be dangerous, as many people found out with the "fen-fen" scare. Instead of just losing weight, some women lost their health. Some even lost their lives.

There's a new diet pill on the market now that is gaining popularity.

When I read about it, I was surprised to find that in order for the pill to work, the dieter

must stay on a strictly controlled diet. It seems to me that if they would just stay on that diet, they would lose weight with or without the medication. Of course the medication does give them some incentive. If they eat too much fat while on these pills, they can have uncontrollable bowel movements.

Another diet that is still making the rounds is high in fat, even animal fat, and low in carbohydrates. This diet is sometimes prescribed by doctors to certain patients who have diabetes. Just because it is pre-

scribed by doctors for some patients does not make it safe for everyone else. The diabetics who are on this diet under a doctor's care are being carefully monitored. The average dieter does not have someone checking his or her blood pressure, blood sugar and cholesterol levels every week.

How can you safely lose weight? The answer is simple, but not popular.

Eat a healthy balanced diet and get plenty of exercise. By a healthy balanced diet, I mean a low-fat diet that includes plenty of fresh fruits and vegeta-

bles. Most doctors agree that it is safe to lose an average of two pounds per week. If you try to lose weight any more rapidly than that, it could be dangerous unless you are under a doctor's care.

Before making any change in your diet or exercise plan, check with your doctor. A diet can be like prescription medication. It should be tailored to your metabolism and health status.

And don't forget to eat your breakfast -- just make sure it is low-fat.

ER Chronicles: It was a pretty big heart attack



Arlen R. Stauffer, MD

By Arlen R. Stauffer, MD
"Oh...Martha!" Harold's weak voice rounded the corner into the kitchen. Martha heard a gasping sound, and rose from her chair. "Umph!"

A thump on the oak floor in the living room demanded Martha's presence. She flew around the corner, her eyes wide open. "Harold!"

.....
"Ocean's ER, this is Medic 312."

The radio on the counter behind Dr. Tommy Cortez came to life. Cortez shifted in the ER today had been relatively quiet up to this point. This was all about to change.

"We're three minutes out with a 54 year old man in shock." The paramedic's voice rose a notch as the continued the radio report. "He complained of chest pain, and collapsed onto the floor a few minutes later. His blood pressure is 80 over 50; he's pale and clammy."

Cortez rose from her chair. ER nurse Phil moved toward Resuscitation Room 3 to get ready. The secretary called the EKG technician and the Respiratory Therapist.

The entire ER team converged on Resuscitation Room 3 as the paramedic rolled Harold's stretcher into position. Six pairs of hands descended onto this suffering man.

As Phil started a second IV line in Harold's arm, another nurse connected the cardiac lead wires, and technicians applied the EKG pads to the chest and drew blood for lab testing from an arm.

Cortez asked quick, focused questions. She knew that she might not have much time to get useful information from Harold; he could be unconscious at any moment.

"The chest pain just started about an hour ago? And you feel it in your shoulder, too?"

Harold nodded. He closed his

eyes and tried to draw a deep breath from the oxygen mask.

"And you had a stroke in October?"

"Yes," Harold whispered. Cortez shook her head and frowned, but Harold could not see her from his position on the bed.

Phil glanced over at Cortez. "His BP is 78 over 50. Looks like a junctional rhythm at a rate of 90 to the monitor."

Cortez nodded as she scanned the EKG rolling off of the machine.

"Is he having an acute anterior MI?"

The words confirmed what everyone had feared: Harold was having a big heart attack. His heart muscle was so stunned that it was not able to pump enough blood to maintain adequate flow or to feed the important organs in Harold's body. He was in cardiogenic shock.

The sense of urgency in the room grew more acute. Everyone understood the poor outlook for this man unless something good happened pretty soon.

Cortez peered at the chest X-ray hanging on the lighted box next to Harold's bed, then began calling out orders.

"Let's get some Dopamine going; we've got to get his blood pressure up a bit. Did you get the cardiac lab work ordered? Tell the lab we need everything right now!"

She looked back at the monitor. "Get Moreman on the phone for me!"

It was time to get the cardiologist in on this. The recent stroke made it risky to administer the "clot-buster" drugs that can open a plugged coronary artery and stop the heart attack in its tracks. A hemorrhage in that stroked area of the brain would certainly be quickly fatal.

She was adding additional medicines to the list of orders when the secretary held the telephone up and signaled to Cortez. She had a brief, pointed conversation with John Moreman, who indicated that he would come down from upstairs. Within minutes, he

joined Cortez at Harold's bedside.

A nurse brought Martha in to join the group. She had been waiting impatiently in the Family Room, and she looked up with frantic eyes at Cortez. Cortez leaned in over Harold's face, and spoke to him and his wife.

"It's a heart attack, and it is a very serious one. This is the cardiologist, Dr. Moreman. We've been reviewing all of your past history, and we feel it would be too risky to give the 'clot-buster' heart attack drug, because of the stroke you had a few months ago."

She paused to let this sink in. Martha looked even more fran-

her chin.

"What can we do?" she whimpered.

"I'm recommending that we go straight to the catheterization lab," Moreman interjected, "to try to get this artery open."

"Whatever it takes, Doctor," Martha begged.

"We can try to get a balloon into the blocked area and open it up," Moreman headed for the phone to alert the cath lab.

Cortez patted Harold on the leg as she walked toward the doorway of the room. Martha followed.

"How does he look, Dr. Cortez?"

"This is very serious, ma'am."

attack. His best chance will be getting that blocked artery opened up real soon."

Martha returned to Harold's side. She took his hand in hers, and gave it a squeeze. Harold managed a small smile as he peered over the oxygen mask and into Martha's eyes. It was a very smile Martha had known and loved for 32 years.

"It's OK, Babe," he mouthed silently.

She squeezed his hand harder. Each second that ticked by felt like an hour. Touching Harold's dammy skin, nearly gave her a chill, but she pressed as close as she could. She wasn't ready to let go of

begin rolling his bed toward the cath lab.

.....
Each day in this country, more than 4000 people suffer a heart attack, and nearly 1000 die from the attack.

Risk factors for coronary artery disease include cigarette smoking, high blood pressure, high cholesterol levels, diabetes, a sedentary lifestyle, and a history of heart disease in the family. Advances in medical therapy promise to improve the survival odds, and modern interventions, such as balloon angioplasty and stenting, have saved many lives.

THIS WEEKEND at the fair

FRIDAY - GATES OPEN 12 NOON

Interoceanic Health Day
Get your 13 coupons in the Palm Beach Post for \$3 off adult gate admission.
Compliments of Interoceanic Health Systems
189 Good Samaritan Dr. St. Mary's
Classic Rock Superstar of the 60's, 70's, 80's & 90's

STEVE MILLER BAND
8 PM



RESERVED SEATS - \$25 / FESTIVAL LAWN - \$15

SATURDAY - GATES OPEN 10 AM

Latino Crafts Day
Special family entertainment and activities will be presented in the Coral Sky Amphitheatre

Midnight Magic

The Saturday Night Place To Be!
Admission & Ride All Rides After 10 PM for Only \$20.
(Admission Portion of Ticket Good All Day)

SUNDAY - GATES OPEN 10 AM

El Dia Del Toro

A Day of Celebration and Fun of our Hispanic Heritage.
Come early for the Fun then enjoy the concert at 5 PM



ELSIE MUNIZ

The Queen of Latin Jazz
Plus Dancers from the Latin Jazz and One Special Guest Artist

Sponsored By: RADIO FIESTA

Marketplace CONCERT SERIES

FRI. JAN. 21 - SUN. JAN 23

EVERY DAY - GATES OPEN M-F NOON

ROYAL HANNEFORD CIRCUS

8 Exciting Acts. International performers will take your breath away and leave you with a smile. Absolutely FREE.
Performances 1, 4 & 7 PM.
Sponsored by WFTS



Performing Daily from the EXPO Stage

TONIC SOL FA

Enjoy the amazing acrobatics, the powerful presence and light-hearted humor of one of the hottest groups to come out of the mid-west. 4 Shows daily starting on the 16th.



HYPNOTIST, MARK YUZYUK

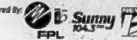
The Master Hypnotist is back by popular demand for 9 shows nightly at 6:30 and 8:30 pm. Starting on the 16th.

MAD SCIENCE - DON'T TRY THIS AT HOME

An interactive high energy show that will spark the imagination and curiosity of children of all ages. 5 shows daily starting on the 17th.

NIGHTLY FPL LASER FANTASY SHOW

Thrill to the nightly enactment of the world's most spectacular, choreographed light show. Who knows it may even snow. FREE performance nightly at 8:30 pm.



Take a peek into the possibilities of the next century in our exciting EXPO.
Sponsored by: BELL SOUTH Mobility
The Best of the Future

Drawbridge Restaurant to host MDA

The Drawbridge Restaurant will host the annual MDA Belle Glade Lock-Up to benefit the Muscular Dystrophy Association on Thursday, Jan. 27.

The MDA Lock-Up program is the Muscular Dystrophy Association's signature fund-raising campaign. Each event targets a specific town. Community business people are asked to donate one hour of their time to raise funds for MDA. The day of the event "Jagbirds" are transported to the host site location, go before a "Mock Judge," are sentenced, a "Mock Judge," are sentenced, and placed into their "jail cell" with a cellular phone to raise "bail" for "Jerry's Kids." All funds raised from this event stay locally to help improve the quality of life for the children and adults in our community with neuromuscular diseases.

The Muscular Dystrophy Association is a national voluntary health organization dedicated to finding the causes and cures of five neuromuscular diseases. MDA also provides comprehensive medical and recreational services to those who have muscular dystrophy. MDA provides financial assistance in the purchase and repair of wheelchairs and leg braces, clinic visits at St. Mary's Medical Center, summer camp for children ages 6-21, and hope for tomorrow through funded research at the University of Miami School of Medicine and the Mayo Clinic in Jacksonville.

MDA relies on the generosity of caring people in the community to be able to provide these services at no cost to these individuals or their families.



SEE OUR WEB SITE: WWW.SOUTHFLORIDAFAIR.COM
FOR A COMPLETE LISTING OF ALL ACTIVITIES AND SCHEDULES

9067 Southern Blvd.
West Palm Beach
Information Center:
(561) 793-9333

GOT A QUESTION?
NEED HELP?
GUEST SERVICES

OPINION PAGE

Feel strongly about local issues?



**The Sun
INVITES YOU TO
SPEAK OUT!**
(561) 996-6636

Speak Out is our 24-hour opinion line.

Call 996-6636 to express your opinion or ask questions about public issues. You are not required to give your name. While we want you to speak out freely, the newspaper reserves the right to edit calls for clarity, brevity, relevance and fairness.

Florida's dirty secret

Florida's got a 'dirty' secret. It's growing rapidly and it's coming to your neighborhood. It's litter and illegal dumping, which together have become the state's number one solid waste problem.

Even though our litter law calls for a 50 percent reduction, research shows litter is up by 17 percent.

It's not just a threat to our natural resources, but also to our communities and neighborhoods.

It's unsightly, unhealthy, lowers property values, is bad for the economy, costs you tax dollars and even attracts criminal activity.

Sheriffs and other law enforcement professionals report that when neighborhoods are cleaned up, crime goes down.

Litter is becoming so difficult for local communities that mayors from across the nation gathered in Tampa this fall for the first U.S. Congress of Mayors' Litter Summit.

During the conference the mayors shared their litter problems and their success stories in this growing fight against blight.

It's not just local governments which are spending on litter cleanup. Last year Florida businesses reported spending close to \$2,400 annually to keep their properties clean of litter. And that is in addition to the taxes they pay, in support of Florida's Solid Waste Management Trust Fund which generates \$55 million per year.

Interesting, less than 1 percent of the trust fund has been directed toward litter cleanup efforts so far.

Many state and local agencies, not to mention Florida's 13 1/2 million citizens, have a stake in litter and trash and its negative impact on water quality, wildlife habitat, highways, communities, public health and safety and local economies. But nobody is clearly in charge of the issue.

There are ways each of us can help get rid of this unwelcome intrusion into our communities and neighborhoods.

Become personally involved in the Florida Great American Cleanup during March and April this year.

Some 100,000 of your neighbors and fellow Floridians are expected to team up with businesses and local government to clean up, fix up and keep up their communities and neighborhoods during the 2000 Great American Cleanup.

To volunteer for the cleanup in your neighborhood, call Keep Florida Beautiful at 1-800-688-1959 or visit their website at www.KeepFLBeautiful.org for more information. Let state officials and your local legislators know that you want them to do their

share through effective leadership and adequate funding to help clean up litter and trash in your neighborhood and community.

And, finally, make a new millennium resolution not to litter yourself, or sit quietly when friends or family members litter.

If we all pitch in, this is one difficult community and environmental problem we can clean up for good in the new millennium.

What, no more free coffee?

Why are the city commissioners taking away our free coffee?

As an employee of the City of Belle Glade I need to know why we will not be receiving free coffee daily at our work site.

I have talked with other employees and I was informed that the city was spending \$7,500 a year for coffee at the taxpayers expense. It was also noted that Commissioner Wilkerson has begun to question the cost and suggested this item be placed in another budget.

Please do not take away our coffee. We need it to perform.

Thank you.

Editor's note: City Manager W. Shelton Smith said the removal of the employees' free coffee was done in error and has been reinstated. He did note, however, that this item will be looked at and discussed during next year's budget workshops.

Bridge work inconvenient

What's the status of the bridge across the canal near the U-Save Supermarket? The powers that be need to realize having that bridge closed is highly inconvenient for many, many people.

No work seems to be in progress to open it in a timely manner. What gives?

Thank you.

Response: Director of Public Safety and Chief of Police Michael Miller says that project will take several months. He also noted the SR 715 Bridge in Chosen will be under construction possibly beginning in August of 2000.

Editor's Note: Glades General Hospital Chief Executive Officer James E. Purcell asked if he could respond to last week's caller concerning the City of Belle Glade's insurance carrier. The following are his comments: "I empathize with your concerns relative to the rising insurance costs and the need for companies to make cost effective decisions."

Speak Out continues on Page 5

The Sun

A PLEDGE TO OUR READERS

- ✓ To operate this newspaper as a public trust.
- ✓ To help our community become a better place to live and work, through our dedication to consistent journalism.
- ✓ To provide the information citizens need to make their own decisions about public issues.
- ✓ To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- ✓ To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- ✓ To correct our errors, and to give each correction the prominence it deserves.
- ✓ To provide a right to reply to those about whom we write.
- ✓ To treat people with courtesy, respect and compassion.

PUBLISHER'S NOTICE: All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation or discrimination. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwelling advertising omissions from any advertisement will in no way exceed the amount of the charge for the space occupied by the item in error, and then only for the first incorrect insertion.

417 NW 16th Street, Suite 6
Belle Glade, FL 33430
Phone: 561-996-4404
Fax: 561-996-2209

Brenda Bunting... Editor & General Manager
Yvonne Jones... Office Manager/Graphics
Tracy Whirls... Associate Editor
Margaret Stairs... Sales Consultant

The Sun (USPS 005026) is published weekly for \$15.00 plus tax, per year in Palm Beach County; \$30.00 plus tax, per year out-of-county, by Independent Newspapers Inc. 417 N.W. 16th Street, Suite 6, Belle Glade, Florida 33430. Periodicals postage paid at Belle Glade, FL.

POSTMASTER:
Send address changes to The Sun
P.O. Box 2226, Belle Glade, FL 33430



Letter to the Editor

Carnival was a success

Dear Editor:

On behalf of The Lakeside Community Renewal Inc. I would like to thank everyone who helped make our carnival a success. Thanks to the City of Pahokee for providing the place to have the carnival and thanks to the neighbors surrounding the carnival area who were willing to endure the noise for four nights so the families of our community could have something special to do.

Special thanks goes to the Pahokee Police Department's Sgt. Dennis Hodges, and Officers Hanks, Campbell, and Solits; The Palm Beach County Sheriff's Office Bicycle Unit, Deputies Ray Ruby, Mike Johnson, Lucy Quinones, and

Thomas Padgett; and Citizens Observer Patrol arranged by Deputy Gary Pace, for their part in keeping the event a peaceful one. Frequently, a small group of troublemakers ruins such an event for the majority who are there to enjoy themselves. Thankfully, the high visibility of law enforcement provided the fair-goers with a feeling of security and prevented all but the smallest infractions which were handled with speed and efficiency.

And finally, thanks to you at The Sun for your announcement for our event. We are always proud when we see Pahokee mentioned positively in your publication. Thanks again!

Yours very truly,
Shirley L. Jarrell, President

Investing for Retirement: The Sure Thing

Many people across the country stand in line at their local convenience store every week to play lottery. They believe that's the only way they can retire a millionaire. Think again. Radford University finance professor Clarence Rose says if people would invest the money they spend every month on the lottery, their retirement would be a sure thing rather than a chance in a million.

There are three legs to the comfortable retirement stool. The first is Social Security if they've worked for a total of 10 years. The system provides a safety net for those who haven't saved enough for retirement and it is biased in favor of lower income people. The average monthly benefit in the year 2000 for a single person will be \$804 and a little more than \$1,400 for a couple. About one third of the population's only retirement income is Social Security and for about two thirds it's at least half," says Rose. "That should be an important wake up call for people to take more responsibility." Many debate whether Social Security will be around for those who pay in, to it today. RU finance professor Jim Ross says some schools of thought are undecided whether Social Security will still be paying benefits in the future. "Legislators have nudged the age up for collecting benefits and we may see an imposition of a means test," says Ross. For example, if you were born after 1959, your retirement age is 67 and it's 66 for those born between 1943 and 1954. "Over time, Congress will make some changes and benefits will continue to be paid."

The second leg of the stool is a benefit plan given by the employer. Over the years these pension plans have changed, says Ross. The first generation of the pension is called the "defined benefit" plan. Employers defined the level of

retirement benefit, the employee would receive depending upon final salary and years of service. This was a promised benefit; however, through the years some were denied this retirement money because their employers went out of business.

In most areas this plan has been changed to a "defined contribution plan" in which the employer will contribute a certain amount each year into the worker's pension fund. A trustee will keep track of the fund and how it's invested. Employees have choices on how it is invested; therefore, they have to keep up-to-date on their options so their investments will show larger returns. This is a way employees can take responsibility for their own money. Long term investing results show "common stocks" give superior results compared to bank accounts and bonds," says Ross, "but there is more risk involved. As people get older the more conservative in investing they become since they don't have time to make up for losses. If you have more than 15 years before retirement, stocks have always given more return."

The third leg of the stool is voluntary investing through tax deferred retirement plans such as a 401k plan. Through this plan, money is taken directly from the paycheck before taxes and many companies will match a percentage of the employees' contributions. This fund is tax deferred until it's withdrawn when the employee retires at 59 1/2 or later. "This is a great deal," says Ross. "It is important that people invest the maximum whenever possible. After a while they don't even realize it's coming out of their paycheck."

The next type of voluntary plan is IRA. Investors can contribute up to \$2,000 annually.

Investing for retirement/See Pg 5

About letters

To voice your opinion about Glades issues, or to respond favorably or unfavorably to articles printed in the paper, we encourage you to write us a letter. Send to:

The Sun
417 N.W. 16th Street #6, Belle Glade, FL 33430



Someday, we may be able to control weather



Mike Lyons

Mark Twain complained over a century ago that everyone talks about the weather but no one does anything about it. Back during Twain's time no one could do anything about the weather. Just understanding the environment was difficult enough.

Today our knowledge of the atmosphere is much more sophisticated. We understand how the weather works. Forecasters still make mistakes but the accuracy of their predictions continues to improve. Still, that is not good enough for some people. There are currently more than 40 public and private weather modification groups attempting to manage the atmosphere. These people aren't just talking about the weather they really are trying to do something about it.

From Saskatoon to San

Antonio, research teams, state and local agencies, utilities and insurance companies are paying big bucks to try to change the weather. In most cases, these groups are trying to make it rain so that crops grow and a drought is averted.

Humans have long dreamed of controlling the weather but it has only been in the last 50 years that the dream became possible. The biggest breakthrough came in 1946 when researcher Vincent Schaefer discovered that dry ice or silver iodide dropped into a cloud would produce precipitation.

Today, the basic concept of seeding clouds remains the same. However, some new ideas are currently being tested. In northern Mexico, researchers from the National Center for Atmospheric Research along with several Mexican Universities are trying to make it rain using pyrotechnic flares mounted on the wings of airplanes.

The planes fly along the base of the cloud so that moisture-retaining particles produced by the burning flares rise into the clouds. As the cloud's water vapor is attracted to the particles, water droplets are formed, which fall through the cloud as rain.

At least, that is the theory. This method of cloud seeding was first tried in South Africa

more than seven years ago with promising results.

In North Dakota weather modification project pilots use a Piper Twih Comanche to fly into the path of developing thunderstorms.

Each wing tip of the plane features a special generator that burns and then sprays silver iodine into the evolving storm. The goal is not to create rain but to reduce the formation of damaging hail.

Efforts to make it rain are also underway in Arizona, Texas and Colorado. In Alberta, Canada, the Alberta Hail Suppression Project is celebrating its 40th anniversary. There are even weather modification projects underway in Europe and the Middle East.

While these efforts have had some success, scientists admit that we are a long way from ever controlling the weather. After all, in order to seed clouds to produce rain, there must first be clouds. And, not all clouds will create precipitation.

Still, experts predict that someday weather modification may help to reduce the impact of severe weather. That means eventually we will be able to do more than just talk about the weather, we might actually be able to do something about it. (Mike Lyons is the chief weather forecaster for WPBF-TV)



A CHECK FOR \$1,000 was presented to the Dolly Hand Cultural Arts Center by Laureate Gamma Zeta Sorority to be used for the Center's Theatre for Schools program. The sorority raised the money during the Holiday Tour of Homes in Belle Glade in December. Shown, from left are sorority member Echo Painter, Center Board Chair Pepe Lopez and Center Director Leigh Woodham.

Investing/From Pg. 4

and \$2,250 per married couple with only one person working, tax deferred until it is withdrawn. The Roth IRA is similar but money is invested after taxes and withdrawn tax-free. However, if you take money out of an IRA before you are 59 1/2 you will face a large penalty tax.

The 401k and the IRA are investment vehicles. There are many ways to use those vehicles for the most gain. Of course the sooner you start the more you can accumulate, says RU finance faculty member and former financial advisor Buz Engelhard.

If you are 45 years old and have 15 years to invest, historically you have a 100% chance to make a positive return in stocks. And the best way to invest in stocks for retirement is in mutual funds.

A mutual fund may own stock in 85 different companies, for example, so that one share of the fund is immediately diversified. This diversification reduces the risk of losing money because if one stock goes down another may go up.

You can get a reasonable return without as much risk as putting all your money in one stock.

"Just do it." That's the key phrase for everyone who hopes to enjoy retirement without financial stress.

The best time to start is when you get your first job. If a 25 year old puts \$100 a month into a retirement mutual fund, with just a 10 percent yield over 40 years they will have more than \$500.00 to retire on. Englehard says if the 25 year old cannot afford \$100 a month, they can start out with \$50 and increase the monthly amount every year.

For those who have put off saving for retirement and are in their 40s or 50s, there's still hope. "When you're older you need to put more in, and decide exactly how much you want to retire on and try to meet that goal. You may have to make sacrifices," says Englehard.

"For many the ideal retirement income is 70 percent-80 percent of their final salary," says Rose. "You may want to invest for more since people usually spend more money when they're on vacation than

while they work, and retirement is a long vacation." Someone can be retired for more than 20 years and each year the retiree is taking money out of investments to live on. It's best to keep most of the money invested so it can keep growing.

Whether you're 25 or 50 and if you want to figure out how much you need to start saving, talk to a financial advisor.

They will help you understand how much you're saving or will save for retirement and whether you can reach that goal.

Speak Out/From Pg. 4

In the Speak Out, we have mentioned Palms West Hospital is not a provider for Beech Street Corporation. Please understand Glades General Hospital is a provider with Beech Street Corporation and would be happy to assist in your health

care needs. Additionally, I would like to provide you the names of three pediatricians located within a five mile radius of Belle Glade that are providers for Beech Street and are listed as accepting new patients. They are Charles Azan, M.D., Maritza Samuel,

M.D., and Taskin Hagues, M.D. I hope this provides you with ample information to make a quality health care decision for yourself and your family. I am convinced all of your health care needs can be met in Belle Glade. Thank you.

CRIME STOPPERS



Wallace Freeman

Crime Stoppers of Palm Beach County, Inc., is asking citizens to help locate Wallace Freeman who is wanted for violation of probation on charges of robbery, robbery with a weapon and driving while under the influence.

Freeman is a black male, 6'0" tall, and weighs 175 pounds. He has black hair and brown eyes and his date of birth is May 2, 1967.

His last known address was

1721 North 19th Avenue, Lake Worth. His Social Security number is 206-58-8953 and his last occupation was as a carpenter. His warrant was active as of January 4, 2000.

If you know the whereabouts of Wallace Freeman or anyone involved in a serious crime, call Crime Stoppers at 1-800-458-8477. You can remain anonymous and still receive a cash reward if your tip leads to an arrest.

Arrest Blotters

Editor's note: The police news on this page lists arrests, not convictions, unless otherwise stated. Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.

BELLE GLADE

The Belle Glade Police Department handled 568 complaints and gave 46 traffic citations the week of January 10-16.

These arrests included:

January 10 - Juvenile, 16, possession of marijuana under 20 grams and resisting arrest without violence; Westley Dorle, 24, failure to appear on charges of loitering and prowling and petty theft.

January 11 - Patricia Coleman, 31, failure to appear on charges of trespassing; Inez Martinez, 43, aggravated domestic battery with a deadly weapon and tampering with a witness.

January 12 - Andrew Harold, 40, burglary of an occupied structure.

January 13 - Ramero Castillo, 22, armed burglary and grand theft; Nelson Medrano, 19, grand theft and armed burglary; Juvenile, 11, aggravated battery with a deadly weapon; Noel Maldonado, 25, aggravated assault with a deadly weapon and stalking; Juvenile, 14, retail theft; Juvenile, 16, retail theft.

January 14 - Willie McClarin, 37, contempt of court.

January 15 - Aretha Bailey, 30, failure to appear on charges of retail theft; Juvenile, 14, burglary of a vehicle and petty theft; James Spear, 29, warrant for failure to pay child support; Juvenile, 6, aggravated battery with a deadly weapon.

January 16 - No arrests made.

SOUTH BAY

The South Bay Police Department made 11 arrests the week of January 9-15.

Those arrests included:

January 9 - No arrests made.

January 10 - Julius C. McGriff, 37, battery

on a law enforcement officer and introducing contraband into a correctional facility.

January 11 - Owen Virgil, 51, trespassing after warning; Senora Perez, 37, warrant for assault and aggravated stalking.

January 12 - No arrests made.

January 13 - Charles R. Nelson, 45, grand theft; Willie Freeman, 40, grand theft; Timothy Wright, 46, aggravated battery.

January 14 - Ray King, 23, violation of the open container law; Ricky Green, 23, possession of marijuana under 20 grams; Corretta Wells, 19, possession of marijuana under 20 grams; Ricky Green, 23, warrants for failure to appear on charges of driving without a driver's license and violation of probation on charges of possession of marijuana.

January 15 - Martie Ray Smith, 37, possession of drug paraphernalia.

PAHOKEE

The Pahokee Police Department handled 165 calls, issued 6 traffic citations and made 10 arrests the week of January 10-16.

Those arrests included:

January 10 - Juvenile, 17, aggravated domestic battery.

January 11 - Celido Diaz, 22, affray; Anne Brown, 18, affray.

January 12 - Gary Row, 26, trespassing after warning; Joann Walker, 42, burglary and violation of an injunction order.

January 13 - Anthony Middleton, 40, petty theft.

January 14 - Juvenile, 13, grand theft auto.

January 15 - Shirley Moore, 35, warrant for failure to appear; Ibarra Navarro, 23, domestic battery; Alejandro Cruz-Tellez, 34, carrying a concealed firearm.

January 16 - No arrests made.

MESOTHELIOMA

FREE BOOK reveals important information about Mesothelioma and asbestos exposure. NO FEE or costs unless you win.

For your free book call **1-800-546-7777** toll-free 24 hours a day.

SHAPIRO & SHAPIRO, LAWYERS FREE consultation. The hiring of a lawyer is an important decision that should not be based solely upon the advertisement. Before you decide, ask us to send you written information about our qualifications and experience.

1720 Harrison St. • Hollywood, FL 33020
Offices in New York & Florida

Should you and your family have a LIVING TRUST?

Did You Know That...

- Retired homeowners may save their families thousands in taxes with a Trust!
- If you have a will, your family may still go to court!
- The Wall Street Journal says, "If you own Real Estate, whether paid for or not and have even modest assets, you should have a Revocable Living Trust."
- If you don't plan, then the government has a plan for you that you may not like!

Our Attorney will show you in a warm & friendly atmosphere, how a Revocable Living Trust may benefit you and your family.

You and your family are invited to attend this FREE one-hour community service event.

Drawbridge Cafe

3300 West Lake Road

Belle Glade

Thursday, January 27 at 2:30PM

Clewiston Inn

108 Royal Palm Avenue (Sugar & Spice Room)

Clewiston

Thursday, January 27 at 6:30PM

Isn't it time to take control of your estate?

For information and reservations, call

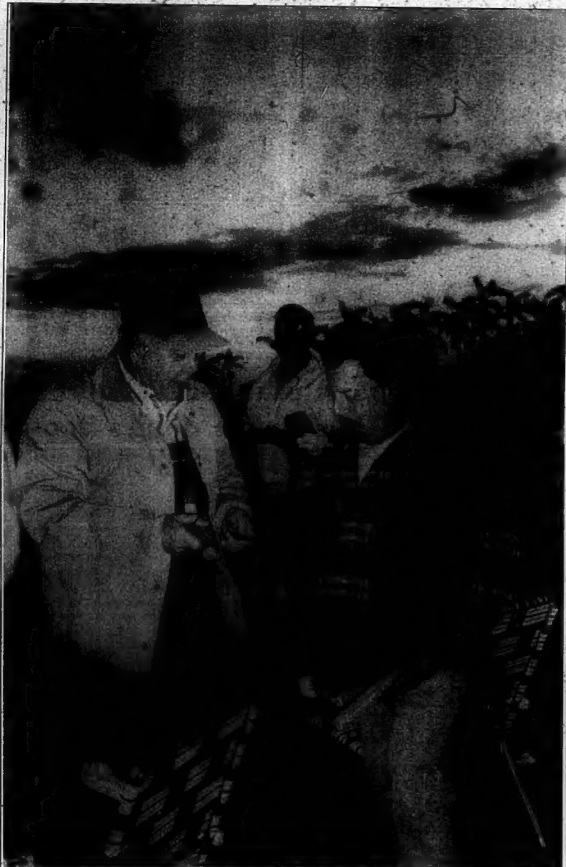
(800) 874-8724 24 hours a day

Couples are encouraged to attend together.

Sponsored by:

Florida Estate Services of Atty. A. Patricia Barwick

Florida Estate Services of Attorney A. Patricia Barwick, State Bar #981000, is a Full-Service Firm. Estate Planning, Asset Protection and Estate Litigation. Regularly printed at \$2.00 for only \$0.99 off the cover of the magazine is \$2.00 (plus \$6.00 shipping charge or obligation). Headquartered at 2001 West Kennedy Blvd., Suite 900, Tampa, FL 33609. The hiring of a lawyer is an important decision that should not be based solely upon the advertisement. Before you decide, ask us to send you written information about our qualifications and experience. Advertisements: MFW/2000




Hugh Branch (left) demonstrates the art of whittling to Don Zaccagnino during Pahokee's Sunset Celebration on Saturday, Jan. 15. In addition to enjoying the beautiful sunset over Lake Okechobee, participants enjoyed roasted corn on the cob and other food as well as music by Joe Stevens.

"MOORE" SELECTION

"MOORE" VALUE

"MOORE" SAVINGS

1997 Chrysler Town & Country LXI 7 Passenger, Leather, Loaded Top Mile to Dealer! NADA Book: \$21,875 A Great Deal... \$18,599	1998 Chevy Camaro (Photo does not show actual car on lot - call for 1700) V-6, T-Top Fun in the Sun! NADA Book: \$16,725 A Great Deal... \$12,999	1994 Chevy S10 Pickup A/C, P. Steering, AM/FM Stereo w/ Cassette \$4,999
1993 Oldsmobile Cutlass SL Coupe Tilt, Cruise, P. Windows, P. Locks, One Owner \$6,999	1995 Jeep Grand Cherokee Laredo One Owner, 50,000 Miles, Loaded, Loaded! \$11,999	1995 Ford Taurus LX Sedan One Owner, P. Seat, Aluminum Wheels, Loaded. \$8,599
1995 Chevrolet Cavalier Coupe One Owner, 36K Miles, Like New! \$5,999	LIKE BRAND NEW 1998 21-Foot Stratos Pro-Elite Bass Boat  225 Evinrude Vindicator motor, Loaded, Loaded, Loaded! \$21,999 Includes Tandem Trailer	

90 DAY/3500 MILE WARRANTY ON ALL CERTIFIED VEHICLES
 3 DAY/150 MILE MONEY BACK GUARANTEE

Steve Moore AutoNation of Belle Glade
 1700 E. Old Palm Beach Road
 Belle Glade, FL 33430
 561-992-9700 • 800-876-6788
www.stevemoorewest.com

AutoNation

USA

STEVE MOORE of BELLE GLADE

Proudly presents... Chevy Truck Pro Night

1700 E. Palm Beach Road • Belle Glade, Florida
 Wednesday, January 26, 2000 • 6:00 - 8:00 p.m.

Roland Martin



Star of "Fishing with Roland Martin"
 Qualified for 98 & 99 FLW Tour Championships
 Qualified for 22 B.A.S.S. Masters Classics
 B.A.S.S. Angler of the Year (a record 9 times)
 20 B.A.S.S. Tournament Victories

Tommy Biffle



Qualified for the 97 & 98 FLW Tour Championships
 Qualified for 9 B.A.S.S. Masters Classics
 1993 Mega Bucks Champion
 1994 Red Man All-American Qualifier
 Qualified for 6 Red Man Regionals

Tom Mann, Jr.



Qualified for 1999 FLW Tour Championship
 Qualified for 6 B.A.S.S. Masters Classics
 1987 B.A.S.S. Georgia Invitational Champion
 1992 B.A.S.S. MASTER Top 100 Champion
 Qualified for 6 Red Man Regionals

Larry Nixon



1993 B.A.S.S. Masters Classic Championship
 Qualified for the 98 & 99 FLW Tour Championships
 Qualified for 21 B.A.S.S. Masters Classics
 2 B.A.S.S. Angler of the Year titles
 4-time B.A.S.S. Master Megabucks Champion
 1st to pass the B.A.S.S. million winnings threshold

Denny Brauer



FLW Angler of the Year 1998
 1999 Legends Tournament Champion
 1998 B.A.S.S. Master Classic Champion
 Qualified for 98, 99 & 99 FLW Tour Championships
 Qualified for 17 B.A.S.S. Masters Classics
 B.A.S.S. Angler of the Year in 1987
 Joined the B.A.S.S. Millionaire Club 1997

David Fritts



97 FLW Tour Championship winner
 2 FLW tournament victories
 Joined the elite Millionaire Club 97
 94 B.A.S.S. Angler of the Year
 93 B.A.S.S. Master Classic Champion
 Qualified for 98, 99, 99 FLW Tour Championships
 Qualified for 5 B.A.S.S. Master Classics
 5 B.A.S.S. Tournament Victories

Fishing Superstars from the FLW, B.A.S.S. and Red Man Tournament Trails will be on hand to sign autographs and show off their tournament-rigged Chevy Suburbans and the Ranger Boat. This is an excellent opportunity to get some fishing tips from bassing's great ones!! Bring the whole family and help us celebrate Bass Fishing Night at **Steve Moore of Belle Glade**, 1700 E. Palm Beach Rd., Belle Glade, FL on Wednesday, January 26th from 6:00 - 8:00 p.m.

Door prizes will be given by the following sponsors:

STREN

ACDelco

Ranger
BOATS

Raytheon Electronics

QUANTUM
the power of technology

EVINRUDE

ZOOM

Gabrielle Marie Graydon

Ronnite and Jennifer Graydon announce the birth of their daughter, Gabrielle Marie Graydon. She was born Monday, Dec. 20, 1999 at 2:32 p.m. in Titusville, weighing 8 lbs. two ounces and was 19 1/2 inches long. Paternal grandparents are Ronnie and Mirtha Graydon of Pahokee and maternal grandparents are David and Jackie Murphy of West Palm Beach.



State Representative Addie Green, guest speaker for the Alpha Kappa Alpha Founders program Saturday, and Belle Glade Mayor Harma Miller, right, are pictured with former Mayor William A. Grear, center, who was recognized as a "millennium trailblazer" by the group.

Obituaries

Gustavo A. Torres, 55, of Belle Glade died Friday, Dec. 31, 1999 at Manatee Memorial Hospital, Bradenton. Mr. Torres was admitted to Manatee Memorial on Christmas Day, and succumbed to his injuries New Year's Eve.

Mr. Torres was born Nov. 6, 1944 in Masaya, Nicaragua and had been a resident of Belle Glade for 14 years. He was employed at Okeelanta Sugar.

Mr. Torres is survived by his wife, Anna Torres of Bradenton, and two sisters, Maria Hurtado of Belle Glade and Salvadora Bonillo of Texas.

Services for Mr. Torres were held Sunday, Jan. 9 in the chapel of Mixson Funeral Home with Pastor Rigel Zelaya officiating. Mr. Torres was returned to his home in Nicaragua for burial.

Kraeer-Mixson Funeral Home was in charge of arrangements.

Ramond Harper, of Belle Glade died Wednesday, Jan. 12, 2004 at Glades General Hospital after a long illness. Mr. Harper was born in Elberton, Ga. in 1924 and moved to Belle Glade from Crescent City. He had been a resident of the Glades for 54 years. He was a dragnet operator for Ranger Construction in West Palm Beach for many years and was a member of the American Legion in Belle Glade and served in the U.S. Army Air Corps during World War II.

Survivors include his wife, Opal Christine Harper of Belle Glade; three sons, Kenneth Ray Harper of Belle Glade, Danny Merrill Harper of Ft. Lauderdale and Grover Cleveland Harper of Ft. Lauderdale; two daughters, Patricia Ann Harper of Belle Glade; a sister, Ruth McIntosh of Bradenton; two grandchildren and one great grandchild.

Funeral services were held Saturday, Jan. 15 at Glades Funeral Chapel in Belle Glade with Rev. Alvin E. Nichols officiating. Interment followed with military honors at Port Mayaca Cemetery. Arrangements by Glades Funeral Chapel, Belle Glade.

Marjorie Nell Roberts, 71, of Clewiston, died Thursday, Jan. 13, 2000 after a long illness. She was a native of Clewiston and lifelong resident. Mrs. Roberts was the clerk for the City of Clewiston for many years and was a member of the First Baptist Church of Clewiston.

Mrs. Roberts is survived by her husband, Charles L. "Rabbit" Roberts, and son Robin Roberts, both of Clewiston; a daughter, Teresa Marville of Belle Glade, and her mother, Rose Allen of Clewiston and four grandchildren.

Funeral services were held Tuesday, Jan. 18 at the First Baptist Church of Clewiston with Rev. Ken Reaves officiating. Interment followed at Ridgelawn Cemetery. Akin-Davis Funeral Home of Clewiston was in charge of arrangements.

Jews for Jesus Missionary at Community United Methodist

Gregory Savitt, a missionary with Jews for Jesus, will be guest speaker at Community United Methodist Church on Sunday, Jan. 30 at the 10:55 a.m. worship service. His topic will be "Y'shua, the Jewish Way to Say Jesus."

Greg has been a Jewish Christian since Nov. 1991. He made his decision to make "Y'shua" (Jesus) his Messiah at a concert presented by "Liberated Wailing Wall" (the mobile musical team of Jews for Jesus). His wife Denise is a Gentile Christian and shares Greg's desire to bring

the Gospel to Jewish people. They have three beautiful children: Dylan, 10, Judah, 5, and a new baby boy, Ruben.

In 1997 they left Chicago, Ill., where Greg had been employed as a Certified Public Accountant. They moved to New York City where he began a year of missionary training. After completing his training, they were assigned to the south Florida branch of Jews for Jesus. Greg now spends his time handing out broadsides (gospel tracts), speaking in churches and meeting with Jewish people

who want to know more
about Jesus.

The public is welcome to attend this and all services at Community United Methodist Church. In particular, Jews who are interested in a better understanding of the Christian faith from a Jewish perspective are encouraged to visit. The Church is located at 401 S.W. First Street in Belle Glade. A nursery is provided.

For more information,
please call the church office
at (561) 666-5568.

Alpha Kappa Alpha hosts Founders Celebration Jan. 8 at St. John's Baptist

Alpha Kappa Alpha Sorority the largest sorority of college women in the world numbering more than 125,000 in the continental U.S. and foreign countries and territories, through the local chapter of Mu Ro Omega, honored its founders on Sunday, Jan. 8 at St. John Baptist Church.

State Representative Addie Green was the speaker for the program. She spoke about the importance of the African American vote in the new millennium and the need for knowledge of the issues. She was honored as a millennium

maker or trailblazer along with former Mayor William A. Grear. Aspiring candidate James Harper introduced Rep. Lincoln to the group after Lincoln had formally endorsed Harper as her choice to succeed her.

The group also recognized African Americans around the area, including Mayor Clarence Anthony, Commissioners Clarisa Davis, Miranda Smith, Esther Berry and Vice Mayor Willie Marshall, all of South Bay; Pahokee Commissioners Roy Singletary, Keith Babb and Henry Crawford; Belle Glade Mayor Harma Miller and Com-

missioners Mary Wilkerson and Steve Wilson.

Members representing a collective 25 years of leadership to the local chapter and to Belle Glade citizens were also honored.

Alpha Kappa Alpha supports community programs including two youth groups, a food distribution and exchange program, a community honors banquet, a scholarship program, which served four girls last year and provides mentoring and empowerment activities for its own members.

Glades Churches host outreach revival to combat AIDS

Representatives from area churches gathered Thursday night at Mt. Zion Church in Belle Glade for their first outreach revival of the new millennium for the SHIP Spirit 2000 project aimed at eradicating HIV in the new millennium.

The group, who went door-to-door from 6-8 p.m. sharing education information concerning HIV and AIDS served approximately 300 people, who told the church members that the information was needed.

Participants in the first outreach revival included: Alex Schaffer, SHIP coordinator, Pastor Charles Derico, Evangelist Pamela Derico, Evangelist Melva Webb, Brother Tyrone Jenkins, Sister Samantha

Smith, Mr. J.D. Kane of First
Born Church of the Living God,
Belle Glade; Rev. Clifford C.
Davis, Wesleyan Community
Holiness Church, Belle Glade;
Rev. Joseph Michel, Church of
God of Prophecy, Belle Glade;
Sister Sandra Daniels, Shirley
Morris and Roosevelt Jones of
Mt. Zion A.M.E., Belle Glade;
and Sister Peggy King, New
Bethel Missionary Baptist
Church.

The caravan started in the yard of Mt. Zion A.M.E. with registration, distribution of t-shirts, pamphlets and gospel tracks. Candles were lit and carried as the participants sang, "This Little Light of Mine," as they moved slowly through S.W. Avenue C Place to Sixth Street.

down Martin Luther King Blvd and back to the church, where they sang, "Let's go back to church," prayed, took pictures and dismissed.

Participants said they hope that all community-based organizations will join them in hopes of bonding services together in the community and invited those infected and affected by AIDS to join them so that they need never walk alone again. All churches are invited to attend or participate. For more information, contact Melva Webb or Sandra Daniels at 996-1600.

The next outreach street revival will take place on Feb. 10, 2000 beginning at 6 p.m. The location will be announced at a later date.

Rose of Remembrance weekend honors

Religious congregations throughout the county will observe Hospice of Palm Beach County's fifth annual Rose of Remembrance Weekend, Feb. 4-6. Churches and synagogues will honor the memories of loved ones and recognize the special partnerships between Hospice of Palm Beach County and the religious community.

Participating congregations receive a single white rose to display prominently during that weekend as a visual reminder of family, friends, neighbors' or co-workers who were cared for by Hospice of Palm Beach County. Bulletin inserts describing the many services which benefited more than 3000 Hospice of Palm

Hospice patients

Beach County patients will also be provided.

Hospice of Palm Beach County provides comfort-oriented medical care for patients with life-limiting serious illnesses.

For more information, contact

Carol Gonstead at (561) 227-5159.

[illegible]

SUNSPOTS/From page 1

Creative people sought

The EDGE Center is looking for creative people in the Glades who would like to earn money at their craft:

Shannell Grimes, Folklife Survey Coordinator at the EDGE Center is seeking those who do woodworking, weaving, leatherworking, performing, metal working, quilting, specialty/ethnic cooking, paper crafting, pottery, making, painting, needlework or sculpting.

A meeting is planned for Tuesday, Jan. 25 at 5:30 p.m. at Palm Beach Community College, Glades Campus for those who have any of these talents.

For further information, please call Ms. Grimes at 993-3343.

Magnet Program deadline nears

The Palm Beach County School District Magnet Program application period is now open. Application deadlines for high schools is January 28 and for elementary it is Feb. 25.

For more information or to receive an application, contact Berta Alvarez, Gove Elementary, at 993-1922.

Free estate planning seminar Jan. 27

Florida Estate Services Attorney A. Patricia Barwick will be offering a free educational presentation on Revocable Living Trusts on Thursday, Jan. 27 at 2:30 p.m. at the Drawbridge Cafe in Belle Glade.

Issues to be discussed include Wills vs. Living Trusts, How to Avoid Probate, Conservatorship and Eliminating Unnecessary Estate Taxes.

Reservations can be made by calling (800) 874-8724.

Elections open

Elections are now in the

2000

Calves/From Pg. 1
 their navel cord cleaned and doctored immediately after birth, Eric said, or infection sets in.

The Comeaus' and the Schneiders got a lot of attention for their rescue efforts after an article ran in the *Okeechobee News* and on several television stations.

"After all the publicity, the Schneiders said, "Our telephone rang off hook, people calling to make donations."

They received over \$800 in donations from people from Miami to Jump Beach. Others volunteered to adopt some of the calves. Some people gave bales of hay, others gave feed,

process for the 2000 calendar year for the Palm Beach-Broward County Farm Service Agency. The committee will consist of three regular members from Palm Beach County and two from Broward. Each member represents a local administrative area.

The deadline for nominating petitions is Jan. 21 and ballots will be mailed to eligible voters by Feb. 24. The last day to return ballots is March 6.

Nominating petitions and voter's eligibility listing are available at the Farm Service Agency located at 2976 SR 15 (US 441) Belle Glade. For more information call 996-7900.

Workers needed for Census 2000

The Census 2000 Bureau is in the process of scheduling testing sites for the Glades for positions that will be available in this upcoming census. The positions are part-time and full time, as Census takers, crew leaders and office clerks.

Anyone interested can call Belle Glade City Hall at 996-0100 and leave their name and number with the receptionist or call 1-888-325-7733 to find out how and where to apply.

Montura Fun Fest

Glades residents are invited to participate in the grand opening celebration of the Montura Park and Playground on Saturday, Feb. 5.

Crafters are welcome and there are flea market spaces available and collectors are also welcome.

Booth spaces start at \$10 and food trucks are \$25.

The theme for this year's event is "Youth Explosion." For more information, contact Helen at 941-983-9633 or Pat at 941-983-3581.

Vendor booths available for Black Gold Jubilee

Vendor booth applications are now being accepted for the 2000 Black Gold Jubilee to be

and one man donated some fence posts.

The Schneiders also have three other calves. Spunky, Jack (short for Jack-o-lantern), who was born near Halloween and Specky, who was born on Halloween. The calves were bottle fed by Lisa and after they were bottle broken, they moved to the Schneider farm.

Rescuing hurt or unwanted animals comes naturally to the Schneiders, who have already taken in a blind beagle and two other beagles that were going to be put down at an animal shelter. They also have a horse that Carol says was abused by its former owner, a stray pregnant cat who has since given

held April 15.

Applications may be obtained from the Belle Glade Chamber of Commerce; by mail at P.O. Box 733, Belle Glade, FL 33430, or by calling 993-3343. The deadline for applications is March 31, 2000.

Red Cross needs volunteers

The American Red Cross Glades Area Branch is looking for residents of the Glades area to get involved with various programs and services offered by the American Red Cross.

For more information contact your local American Red Cross at 992-9703.

Bingo every Tuesday

The Pahokee Elks Lodge, East Main Street, offers bingo every Tuesday evening at 7 p.m. at the Lodge.

For more information call the Lodge.

Applications being accepted for PEPPY Head Start

PEPPY Head Start, 200 Southwest 9th Street, Belle Glade, is now accepting applications for three and four year olds for the 1999-2000 school year.

There is no cost and children with disabilities are welcomed.

For more information call 996-1718.

Activities for seniors open and free

Glades residents 65 years old and older are invited to participate in activities held daily at the West County Senior Citizen Center, 2916 St. Road 15, Belle Glade.

Administrator Effie McNair said many fun activities are scheduled for the participants, including a birthday cake and punch party held the last Friday of each month.

Fire prevention and safety classes can be held in Seniors' homes and free blood pressure screening is offered.

For more information or

birth to five kittens and a potbellied pig called Sam. In addition, they and their four children care for several rabbits and chickens.

The Comeaus' and the Schneiders decided to form a not-for-profit organization to handle all the donations and hopefully, rescue more calves. Call Rescue, Inc., is now off and running and the donations continue to come in.

"My wife likes a list of people who want to adopt them after they're bucket broke," said Eric.

Anyone interested in adopting a calf or donating to the organization, can "call the Schneiders at 863-467-5840.

Sugar farmers urge approval of governor's budget to fund Florida's share of Everglades Restudy project

Florida's sugar farmers praised Gov. Jeb Bush's proposed budget for Everglades restoration, which would fund Florida's partnership share of the Everglades Restudy project.

"The budget proposed by Gov. Bush will fully fund Florida's share of this complex 20 year project without creating new taxes for Floridians," said Robert H. Buker, Jr., senior vice president of U.S. Sugar Corp. "It will meet the schedule as outlined in the conceptual

Restudy Plan which we support and will assure that Florida's Everglades will be restored and preserved for future generations. It should be among the first actions of the Florida Legislature this coming session. We need to move forward without delay and securing the funds was the biggest obstacle. The governor has done his part, now it is up to the Florida legislature and Congress to do theirs." Buker said action on the governor's

budget also, "will be a strong signal to Congress of Florida's commitment to Everglades restoration and will be the beginning of an effort to convince Congress to quickly pass its share of the project funding."

"Once we know we have the money we can move quickly to design, project authorization and construction. We hope the Corps of Engineer's sets a world record for the speed of completion of these projects," Buker added.

Belle Glade Elks "Hoop Shoot" Southeast District winners advance

The Belle Glade Elks "Hoop Shoot" finalist will advance to the Miami Regional competition. The winners of the Southeast District Elks National Free Throw Contest "Hoop Shoot" has ended.

The first place winners are: 8-9 Girls, Vionni Brown, Belle Glade

8-9 Boys, Jacob Lauver, Okeechobee

10-11 Girls, Melinda Vasquez, Okeechobee

10-11 Boys, Kenton Phillips, Pahokee

12-13 Girls, Ranetta Burden, Belle Glade

12-13 Boys, Joseph Thomas, Pahokee.

These finalists competed with students from West Palm Beach Lodge #1352, Pahokee Lodge, #1638, Belle Glade

Lodge #1716, Clewiston Lodge #1853, Jupiter Lodge #2469, Okeechobee Lodge #2558, Lantana-Boynton Lodge #2676 and Palm Beach West Lodge #2785.

The first place winners will advance to the next level of competition in Miami, January 22 at 9 a.m.

Belle Glade Elks members are very proud of these athletes

Couples' Adjustment to Retirement Shouldn't Rattle the Nerves

She's been getting up every morning at 5:30 a.m. for 25 years to fix his 6:30 breakfast. He's been heading out to his job as a high school basketball coach for just as many years. Recently, however, he opted for early retirement and while she is thinking it's finally okay to sleep in a little later, his biological alarm clock just keeps right on clanging around 6 a.m. every morning.

Traditionally, this is the way we know retirement. The sandwich generation, those who take care of children and parents concurrently, however, may be spending their retirement years a little differently. According to Radford University social work instructor Janie Roberts, the adjustment to a change in roles and household activities does not have to rattle the nerves of a happily married couple. While Roberts believes that current trends reveal it's less likely couples are living out the fairy tale of spending more time with the grandkids, sitting on their front porches and traveling the world, it still can be an exciting time in a couple's life. "Retirement can be a very rewarding and fulfilling for a couple. They just have to realize there are adjustments coming."

"Those who have identified themselves with the job or have held their jobs in high esteem and part of their identity, find it harder to retire."

It doesn't matter if they're a "blue or white collar worker and it doesn't matter if they were a traditional mom and housewife."

If they felt their jobs were part of their identity, it's going to be hard for them to retire," Roberts notes.

The spouse will soon realize that there is much more than just an "empty nest" syndrome

going on in the household. "They were a part of something for a long time. It's going to be hard to sit down and do nothing."

In all likelihood, today's retiring couples aren't sitting around staring at one, Roberts says. "They're out there in the community getting involved and helping." Roberts' research reveals that retirees are unique, contributing members of the work force and are very active in volunteerism.

"Many retirees are starting to do consulting and even become mentors to the people who are just entering their field of expertise," Roberts says. With one or both spouses being involved in some type of work or volunteer effort after retirement, chances of extreme adjustment problems are unlikely.

"Yes, there will be a change in the role the spouse plays," Roberts says. Men are retiring earlier and the women are working longer.

Also, men may be the stay-at-home spouse while the wife is either continuing her career or perhaps starting a new one. "Some wives may be going to work for the first time after the husband retires," Roberts says. The children are now grown and she is choosing to establish her own place in the world by going to work outside the home. "Not so many couples are facing empty nest syndrome as we think," Roberts notes.

Most are actually finding they don't have much time after retirement to worry about their children being grown and out of the home.

If the first few weeks of retirement are testing the patience of a couple, Roberts offers these suggestions:

Be assertive. If you need time alone, tell the other person.

need time alone.

Trust your own children's instincts. Children of retiring couples know the strengths and weaknesses of their parents; they can encourage them to get involved in activities where they can most benefit and receive the most personal self reward.

Don't do something to stay busy. Be helpful. Volunteering in schools, retirement communities, day care centers or hospitals may be career you've needed.

Realize the marriage is still a partnership and not about power differences. If the wife keeps working after the husband retires, the husband needs to know that's okay. "Women are simply living longer and they feel like doing more because they're healthier than ever before," says Roberts.

Don't fixate on changing the behavior of your spouse. Willing compromise can effectively smooth out the differences in adjustment. Roberts suggests good, simple communication. If you need time alone, don't say "You're always in my face."

Psychologists stress that humor can also be the spice that both livens and eases the adjustment process for retirees. Taking a walk on the mild side sometimes make couples see things in a different light and brings to realization that their differences are not

SFWMD reports drop in phosphorus flowing into northern Everglades

For the fourth consecutive year, the South Florida Water Management District has reported a significant decline in the amount of phosphorus in the water coming off farms in the Everglades Agricultural Area south of Lake Okeechobee.

The total phosphorus reduction in the runoff was 49 percent for the period of May 1, 1998 to April 30, 1999. The state's 1994 Everglades Forever Act requires EAA farmers to reduce the total phosphorus in the runoff from their land by 25 percent each year by implementing "best management practices" (BMPs) to cleanse the water. The annual phosphorus load reduction is calculated by comparing their current year's amount with those from the 10-year base period of 1978-1988 before BMPs were in place, adjusted for differences in rainfall between the two periods.

The District normally releases this information in the fall;

however, agency organizational changes and time involved in data analysis caused the delay this year.

The state required BMPs to be in place by January 1995. For the last three years, EAA farmers have achieved an average 44 percent reduction over the estimated phosphorus load that would have occurred had they not implemented BMPs. For the "water year" 1999 (May 1, 1998 to April 30, 1999), they reduced the total phosphorus load by 24 percent over the state's requirement for an annual 25 percent reduction.

For "water year" 1998, 128 tons of phosphorus flowed out of the EAA basin (including farms, towns, and industry) compared with the estimated 249 tons of phosphorus had the BMPs not been implemented. Similarly, pre-BMP average concentrations of 173 parts per billion now average 107 parts per billion during the last three-year period with the BMPs in place, says the

District. The District is preparing an analysis and summary of the overall phosphorus loads to the Everglades from all sources, which will be included in the Everglades Agricultural Area BMP annual report to be published in the spring of 2000.

"While the latest phosphorus measurements continue to show great progress in reducing the loads in EAA runoff, we still have a long way to go," says Frank R. Finch, P.E., District executive director. "We at the District are committed to doing everything we can to ensure we and our partners remain vigilant in delivering clean water to the Everglades as part of the overall restoration."

For of our six required stormwater treatment areas are complete, and two are already on-line. These STAs will work in conjunction with the BMPs to deliver even cleaner water to the northern Everglades in the future."

12oz Prime Rib Dinner served with Salad, Fresh Baked Bread & Choice of Potato \$10.99 with coupon

Black Gold Steakhouse, 1100 N. Main St., Belle Glade (561) 996-5444

Lordy, Lordy...

Who's gonna be 40?

**GIANT
MILLENNIUM
2000**

JANUARY

CLEARANCE SALE

Jan. 19, thru Jan. 29,

SAVE
\$50.00
ON ANY
RECLINER

SAVE
\$200.00
ON ANY
SECTIONAL

SAVE
\$100.00
ON ANY
LIVING ROOM
GROUP

SAVE 10% 20% UP TO 50%

ON SELECTED IN-STOCK CLEARANCE ITEMS

YOU WILL FIND SAVINGS IN EVERY DEPARTMENT.

LIVING ROOM - BEDROOM - DINING ROOM

APPLIANCES - STEREO & T.V.

OCCASIONAL TABLES - BEDDING - LAMPS & PICTURES

SAVE
20%
ON ALL
LAMPS

SAVE
10%
ON ANY
APPLIANCES

SAVE
20%
ON ANY
BEDDING

Since 1929

Royal's

FURNITURE

APPLIANCES & ELECTRONICS

"Hometown Stores serving Hometown People"

225 W. CANAL STREET N.
BELLE GLADE
561-996-7646

400 S.W. AVENUE A
BELLE GLADE
561-996-2275

1506 LAKE TRAFFORD ROAD
IMMOKALEE
941-657-6138

117 S. DEANE DUFF
CLEWISTON
941-983-4121

3660 SOUTH US 27
SEBRING
941-385-2571

131 WEST MAIN STREET
WAUCHULA
941-773-4000



**6 MONTH
SAME AS CASH
AVAILABLE***
*WITH APPROVED CREDIT



**ROYAL'S
E-Z FINANCING
AVAILABLE!**

**START
MILLENNIUM
2000**

JANUARY

CLEARANCE SALE

Jan. 19, thru Jan. 29,

SAVE
\$50.00
ON ANY
RECLINER

SAVE
\$200.00
ON ANY
SECTIONAL

SAVE
\$100.00
ON ANY
LIVING ROOM
GROUP

SAVE 10% 20% UP TO 50%

ON SELECTED IN-STOCK CLEARANCE ITEMS

YOU WILL FIND SAVINGS IN EVERY DEPARTMENT.

LIVING ROOM - BEDROOM - DINING ROOM

APPLIANCES - STEREO & T.V.

OCCASIONAL TABLES - BEDDING - LAMPS & PICTURES

SAVE
20%
ON ALL
LAMPS

SAVE
10%
ON ANY
APPLIANCES

SAVE
20%
ON ANY
BEDDING

Since 1929

Royal's

FURNITURE

APPLIANCES & ELECTRONICS

"Hometown Stores serving Hometown People"

225 W. CANAL STREET N.
BELLE GLADE
561-996-7646

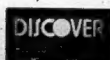
400 S.W. AVENUE A
BELL GLADE
561-996-2275

1506 LAKE TRAFFORD ROAD
IMMOKALEE
941-657-6138

117 S. DEANE BLVD
CLEWISTON
941-983-4121

3660 SOUTH U.S. 27
SEBRING
941-385-2571

131 WEST MAIN STREET
WAUCHULA
941-773-4000



**6 MONTH
SAME AS CASH
AVAILABLE***

*WITH APPROVED CREDIT



**ROYAL'S
E-Z FINANCING
AVAILABLE!**